

BABYSITTER'S GUIDE

YOU'RE IT!!!!

As the babysitter, you are responsible for caring for the children under your care, and for handling emergencies. Here are some important points you need to know if there is an emergency in the home where you will be babysitting.

BEFORE THE PARENTS LEAVE

Write down the complete address and phone number of the place where you are babysitting. Include phone numbers for: Fire, Police, and Ambulance & Emergency Services - often one number - 911. Also include phone numbers for where the parents can be reached, and neighbour(s) and other support people as appropriate.

EMERGENCY NUMBERS

FIRE: _____

POLICE: _____

AMBULANCE: _____

NEIGHBOUR or FRIEND: _____

ADDRESS: _____

Keep this information in your pocket so that it is with you at all times and readily available in case of an emergency.

PLAN YOUR ESCAPE

If there is a fire while you are in charge, you must know what to do:

- Is there a fire escape plan? If not, develop one.
- Familiarize yourself with the entire residence.
- Identify all escape routes.
- Plan at least two ways out (door and window) from each room.
- Plan how you and the children will escape safely.
- Decide on an outside meeting place.
- Ask for a demonstration of the smoke alarm.
- Review escape plans with children.

FIRE SAFETY!

The best way to keep fire-safe is by being watchful of and careful with the children in your charge:

- Never leave children unsupervised.
- Check sleeping children regularly.
- Keep matches and lighters out of reach.
- Do not light candles while babysitting.
- Do not smoke on the job.
- Keep children away from the stove, hot liquids, electric lamps, and space heaters.
- Keep space heaters at least one meter (40 inches) from drapes, furniture or bedding.
- Cook safely and **only if you have permission**.
- Turn pot handles in to avoid children knocking them over or pulling them down.

- Smother a pan fire with a lid - **NEVER use water.**
- Make sure you know what cooking materials can go into the home's microwave.

BURN PREVENTION

Always test hot foods and liquids before feeding.

KNOW WHAT TO DO?

Fire spreads rapidly - don't delay!

- If clothes catch fire, **STOP, DROP & ROLL** on the floor to smother the flames.
- Cool burns in cold water. If skin is already blistered, charred, or dead white, ***Get Emergency Help Immediately.***
- If you smell smoke, hear the smoke alarm or see flames, get everybody out of the house immediately.
- If you must open a door, feel the door first. If **not** hot, open slowly; otherwise, use a different exit.
- If fire or smoke is present, use another exit if possible.
- Crawl low under smoke - the air near the floor is cooler and safer to breathe.
- Smoke kills - close doors to stop smoke from spreading.
- If you cannot escape - close the door and seal around it with a cloth (blanket or towel) to prevent smoke from entering the room.
- If applicable, always use the stairs and never the elevators.
- Go to a meeting place a safe distance from the house and make sure everyone is present.
- Take the children to a neighbour or other safe place away from the fire.
- Phone the emergency number from a safe place.
- Give complete address, describe situation and inform recurers if anyone is still inside.
- Stay on the phone until you are told to hang up.
- **DO NOT GO BACK TO THE HOUSE FOR ANY REASON**

Now you know what to do, but we sincerely we hope that you never have to use any of these emergency tips.

Good Babysitting and Keep Fire Safe!